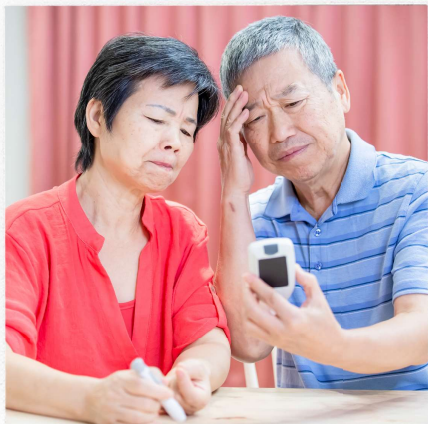


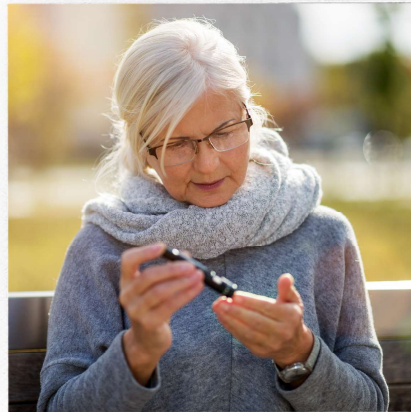
Diabetes Self-Management Workshop

Starting on 4/7/2022 to 5/12/2022 from 1:30 pm to 4 pm.

2.5 hour classes over zoom



This Diabetes Self-Management Program is a 6-week **FREE** workshop for people with diabetes, who are pre-diabetic or live with someone who is.



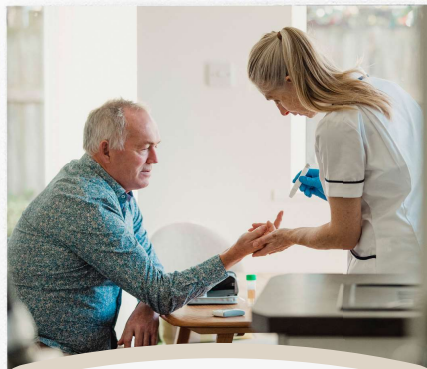
It teaches the skills needed in the day-to-day management of diabetes.

For questions

E-mail Hayley Gloeckner at hayley@nyecc.org or call 775-962-1087

Free class valued at \$240 with limited space.

Jess Rosner
Program Manager
jess@nyecc.org
775-482-6561



In many cases, these programs lead to a reduction in illness, and improved overall health.



Self-management programs are among the most efficient tools that can be offered. They lead to better outcomes by helping individuals gain confidence in their ability to manage their symptoms.

You will learn from trained leaders how to:
Understand and manage the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress and difficult emotions

Exercise for maintaining and improving strength and endurance

Eat healthier, meal planning, low fat meals and reading nutrition labels

Appropriate use of medication

Work more effectively with health care providers



Register for a workshop.
Either scan QR code or use this link:
<https://www.surveymonkey.com/r/SignupforDSME>



An Evidenced-Based Self-Management Workshop originally developed at Stanford University